

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

MCT KETOGENIC DIET



45% MCT
1 MEAL = 325 kcal
9 g protein
15 g CHO
9.5 g LCT fats
18 g MCT

Mushroom Scramble on Toast



- 18g Liquigen
- 9g MCT Oil
- 44g Eggs, chicken, whole, raw
- 20g Mushrooms, common, raw
- 5g Butter
- 37g Hovis Best of Both Bread

Chop the mushrooms and fry lightly in the MCT oil.

Whisk together the Egg & Liquigen with a little seasoning and put into the pan with the mushrooms.

Cook and stir all the time.

Serve on buttered toast.

All our recipes are tried and tested to 'Little Matty's' prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to **EACH INDIVIDUALS** prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION